

Week 9

Intention: Disbelief part 1

Being totally honest with who you are and how you are feeling.

Start the disbelief process:

1. From 1-10 how much do you want to disbelief your belief?

1|____2|____3|____4|____5|____6|____7|____8|____9|____10|

2. What are the benefits of staying in this belief pattern?

Action steps for the week.

- Being totally honest with yourself is KEY
- What are the benefits of staying in this belief pattern
- Spend some time on Evernote to formulating your action plan for the week
- Morning pages.
- The artist dates.
- Say something nice about yourself as often as you remember.